



# Aviemore Triathlon

Snàmh, Rothaireachd, Ruith

BY DURTY EVENTS

## SHORT FAST DURTY 2020

500m Swim

12km MTB

6km Trail Run

### Swim

1 x 500m Lap

### Bike

1 x Complete Lap of Forest Road Loop\*, plus;

1 x Bike Park Loop

(\*So: the first time you reach point **+** turn Left, the second time, turn Right. We're trusting you to be able to count to 2. Don't let us down!)

### Run

1 x Lap of 'Out and Back' to the track junction (with twiddly singletrack bits to start and finish!)